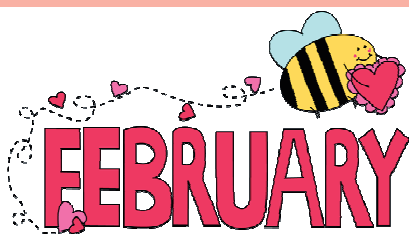


# AMONG FRIENDS

## FEBRUARY 2018



Proudly serving the Fond du Lac Community for 50 years!  
**...WHERE FRIENDS MEET!**



A Free Monthly Publication  
Vol. 9 • No. 2

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ALL ACTIVITIES HELD AT THE CENTER UNLESS NOTED	



## Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, Wisconsin 54935

Phone ..... (920)322-3630

Email..... [cloomans@fdl.wi.gov](mailto:cloomans@fdl.wi.gov)

Hours ..... M-F 8:00 a.m.- 4:30 p.m.

*The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities.*

*Friends bylaws available at our Center.*

*Visit us online at [www.fdlseiorcenter.com](http://www.fdlseiorcenter.com)*

## Newcomer Tour

Call 322-3630 if you would like a tour of the Senior Center and to learn about our programs and activities. This tour is for new members or those who have not been very active but want to find out more about our Center.



If you read this column each month, hopefully you have noticed that I try and find a topic that relates to our Center and to you all, the people we serve. I also try and keep things “real”. When I was initially planning my columns for 2018, I had visions of highlighting the six dimensions of wellness during the first several months of the year. But as we all know, plans change.



Last month, my family experienced something that made us deal with a very important topic that we tend not to talk about. Because of our experience, I felt it was important to talk about it here. That topic is organ donation. My brother's 47 year old wife collapsed at work and sadly they were unable to revive her. Through Gina's gift of organ donation, several people received a call that a match had been found for them. Knowing that lives were saved is a bright spot in our grief.

I understand that not everyone agrees with organ donation and that it may not correspond with someone's individual's beliefs. I don't want to start a debate, I just want to share some information that I feel is valuable – especially for us as we age.

Did you know that people of all ages can be organ donors?

- ⚙ One of the oldest organ donors in the U.S. was age 92. He was a liver donor and saved the life of a 69-year-old woman.
- ⚙ When considering being a donor, don't rule yourself out. Being older doesn't mean you can't be a donor. Doctors will decide at the time of your death whether you can donate.
- ⚙ In 2016, more than 60 percent of all the people who received organ transplants were 50 or older. Nearly 19 percent of all organ transplant recipients were 65 or older.
- ⚙ In 2016, 1 out of every 3 people who donated organs was over the age of 50. You're never too old to make a difference.

Many years ago my Father-in-Law passed away when he was at the top of “the list” for a new heart. As I write this, I have a friend who is waiting for a kidney and another who is going through the tests in hopes that they will approve him for the heart transplant waiting list. Maybe that's why it means so much to me that my brother was open to his wife being a donor.

If you haven't had this important conversation with your family, please take time to do so. Make sure that everyone knows your wishes so that they can carry them forward when the time comes. And as cliché as it sounds, appreciate every day, life can change in an instant.

Cathy







## VALENTINE'S DAY CONTEST

**GUESS THE  
NUMBER OF M&M'S  
IN THE JAR  
LOCATED IN THE  
FRONT LOBBY**



Enter between February 1st and February 14th

Winner announced February 15th

### Newsletter Crew

Editor.....Cathy Loomans  
Coordinator.....Lisa Cole  
Mail Crew.....20+ awesome volunteers

### Newsletter Deadline

Information must be submitted at least six weeks prior to the event in order to be included in the newsletter. Please submit information to Cathy Loomans at [cloomans@fdl.wi.gov](mailto:cloomans@fdl.wi.gov).

### Up-to-Date Information

Tune in to KFIZ-AM 1450 on Monday mornings at 9:35 for the Senior Center update.



Listen in for information about upcoming activities and events at the Senior Center each Monday when Cathy Loomans, Senior Center Director, joins Bob Hoffmaster on his Morning Show.

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# Programs & Activities



## RED HAT HONEYS

The FDL Senior Center Chapter  
of the Red Hat Society

On Dec 12<sup>th</sup> Kathy Arpke was crowned the new Queen Bee for 2018. Her court consists of Lucy Redman, Judi Walters, and Judy Warner.

**CONGRATULATIONS KATHY!**



Red Hat Honeys are looking for volunteers to host their monthly events. Currently there are no events scheduled for February and March. Please consider volunteering your time!

## BINGO

Tuesdays at 1:00 p.m.



## STITCHERY GROUP



Bring your project and join us!  
Tuesdays at 1:00 p.m.

## WOODCARVING CLUB



Mondays 9:00 a.m.  
New members always welcome!

## QUILTING GROUPS



Flying Geese Quilting Club  
1st Thursday of each month at 1:00 p.m.  
Call Nancy at 920-923-4494 for info.

Sunset Stitchers Quilt Guild  
2nd Thursday of each month at 7:00 p.m.  
Call Laura at 920-923-1693 for info.

## JAM SESSION

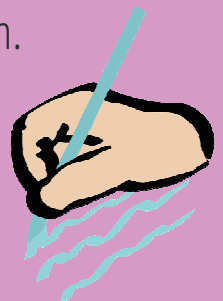
2nd and 4th Wednesdays at 10:00 a.m.  
Get out your instruments and come "Jam Out" with us!  
Any instrument welcome!



## MEMORY WRITERS GROUP

Fridays at 1:00 p.m.

The Memories Writers meet to share and preserve life experiences and family history. New members welcome!







## BOOK CLUB

Monday, February 12th

9:30 - 11 p.m.

Copies available at the Senior Center



Andi has spent much of her adult life looking for the perfect man, and at thirty-seven, she's finally found him. Ethan—divorced with two daughters, Emily and Sophia—is a devoted father and even better husband. Always hoping one day she would be a mother, Andi embraces the girls like they were her own. But in Emily's eyes, Andi is an obstacle to her father's love, and Emily will do whatever it takes to break her down. When the dynamics between the two escalate, they threaten everything Andi believes about love, family, and motherhood—leaving both women standing at a crossroad in their lives ... and in their hearts.

BOOK OF THE MONTH:  
"Another Piece of my heart"  
By: Jane Green

## TECH TYME THURSDAYS 1:00-3:00PM



Bring your tablet, smart phone, iPad or other electronic device and meet with the MPTC IT Club members for one-on-one help with your device.

\*Sessions are limited to 15 minutes per person if other people are waiting.

## MAH JONGG



New players always welcome!  
Tuesdays at 12:00  
Thursdays at 12:00

## MELODIES AND MEMORIES CHOIR

Thursday, February 8th  
3:30– 4:30 p.m.  
2nd Thursday of each month

Do you like to sing just for fun?  
Our Melodies and Memories Choir was created specifically for people who enjoy singing in a relaxed fun environment. We also welcome singers with the early stages of dementia along with their care partners.

*This is a FREE Program,  
just drop in!*

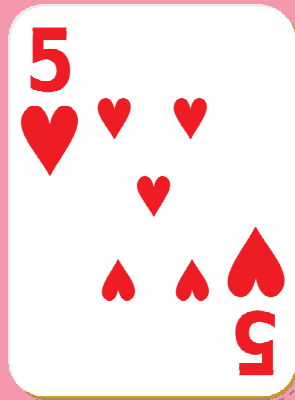




## CALLING ALL CARD PLAYERS

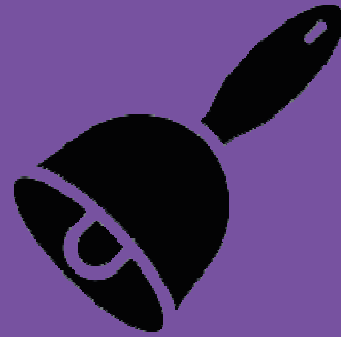
Come and try your hand  
at one of your favorite games:

- ♦ Bridge
- ♦ Canasta
- ♦ Cribbage
- ♦ Euchre
- ♦ Hand and Foot
- ♦ Recreational Sheephead
- ♦ Recreational Euchre
- ♦ Sheephead
- ♦ Skat
- ♦ Poker



Check out our monthly calendar.

## HANDCHIME CHOIR



Practice Wednesday or Thursday mornings at 9a.m.  
Call Gail Zimmerman at (920) 924-0218  
if interested.

## UMBRELLA BRIGADE

Please come see the Umbrella  
Brigade's upcoming performance at:



Grancare Nursing and  
Rehab Center  
Wednesday,  
February 28 at 2:00 p.m.

## RED HAT CHORUS

The Center is alive with the sound of music!  
Come check them out!

Fridays at 10:00 a.m.



## GROUP SINGING CLASS

with Kathryn Staley-Hamm



Voice Lessons in a group setting  
January 9 - February 13  
Tuesdays from 10:00 -11:00 a.m.  
Next session starts February 20 - March 27  
Cost is \$25 for six classes.  
Please sign up and pay at the front desk.





## SCRAPBOOKING

Thursdays at 10:00 a.m.  
Please note: Group does not meet the 4th Thursday  
of the month.



## ART LAB

Punch Cards Available at the  
front desk



Lab offered:

Acrylic & Oil Painting:

Tuesdays, 10:00 a.m - 12:00p.m

Drawing & Watercolor

Tuesdays, 1:00p.m. - 3:00p.m.



There will be no classes on Tuesday,  
February 20th due to the Spring Primary.

*(Mixed Media is now being incorporated into the  
10am and 1pm classes)*

*Please sign up at the Front Desk!*

## SCAMP BAND

Come for the music, stay for the fun!



Wednesdays at 8:30 a.m.

## GENEALOGY GROUP

2nd and 4th Wednesday at 1:00 p.m.



## GERMAN CLUB



Mondays at 1:00 p.m.  
Join Us!

## GAME DAY



Bring your favorite game  
and show us how to play it!  
Fridays, 1:00 p.m. - 3:30 p.m.



## THURSDAY, FEBRUARY 1ST: THE SECRET SCRIPTURE

11:45 a.m. Lunch (optional);

1:00 p.m. Movie

2017 • 1hr 7min • PG-13

Drama

Starring: Rooney Mara, Vanessa Redgrave, Jack Reynor, Theo James, Aidan Turner, and Eric Bana

Summary: Weaving together past and present day, Rose McNulty (Rooney Mara/Vanessa Redgrave) keeps a diary of her extended stay at a mental hospital, unraveling the mystery of her incarceration and the tale of her passionate, yet tortured, life.



## WEDNESDAY, FEBRUARY 21ST: STRONGER

11:45 a.m. Lunch (optional);

1:00 p.m. Movie

2017 • 1hr 59min • R

Biography/Drama

Starring: Jake Gyllenhaal, Tatiana Maslana

Summary: Stronger is the inspiring real life story of Jeff Bauman, an ordinary man who captured the hearts of his city and the world to become a symbol of hope after surviving the 2013 Boston Marathon bombing.



Mark your calendar for March movies:

Thursday, March 1st, 1pm: Wonder

Wednesday, March 21st, 1pm: Last Flag Flying

If you're interested in watching a movie, please call to register at (920) 322-3630. If you're interested in joining us for lunch, please read about the Senior Dining Program on page 23 for more details!

**Thanks to Moraine Park Technical College for sponsoring movies at our Center!**



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**The Canada Goslings, Lily and Scooter**  
**AN INSPIRING TALE ABOUT NEVER GIVING UP**

## Seams Like A Hoot

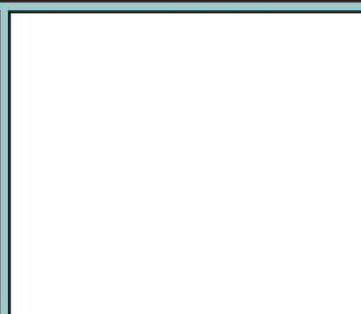
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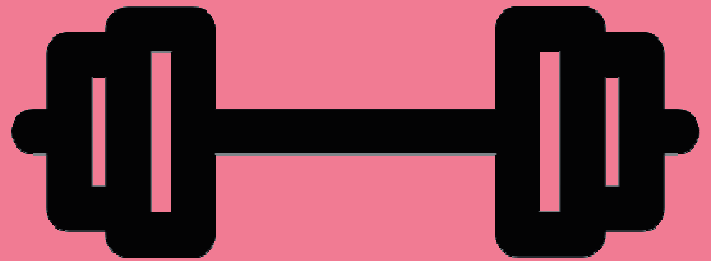
## DANCES



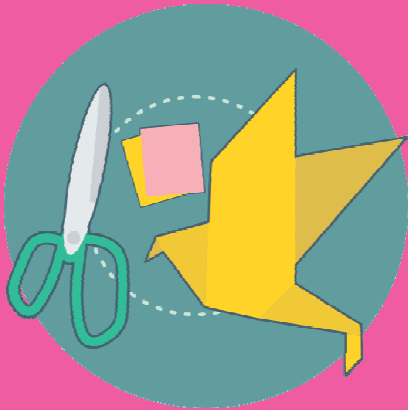
\$4.00 donation  
Wednesdays 7:30–9:30 p.m. Call Caroline at  
920-929-9333 for info.

## TOPS (TAKE OFF POUNDS SENSIBLY)

Thursdays at 5:45 p.m.



## CHAR-TASTIC CRAFTERS



1st & 3rd Thursday from 6–8 p.m.



## FOND DU LAC AARP

At the FDL Senior Center

February 15th at 1:00 - Everyone Welcome!

**Allen Buechel, FDL County Executive**  
will be this month's speaker.

## STAMP CLUB

3rd Wednesday at 7:00 p.m.

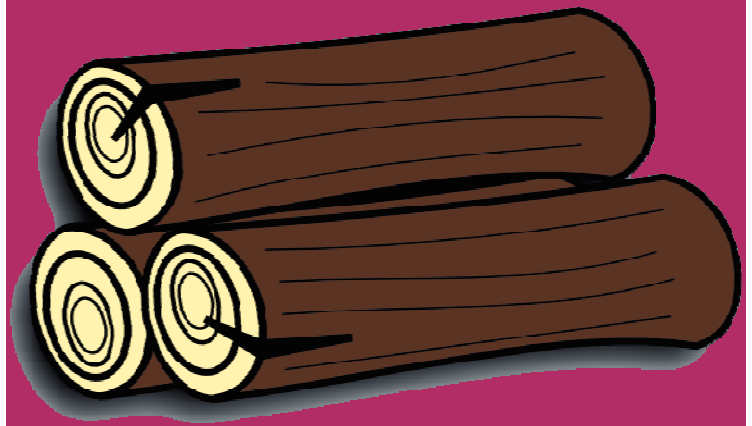


## COIN CLUB



2nd Tuesday at 6:00 p.m.

## WINNEBAGO WOODWORKERS



2nd Tuesday from 6:00-8:00 p.m.  
General meeting held at the FDL Senior Center.  
Other Tuesdays at the NFDL High School.



## BEGINNING COUNTRY LINE DANCING

Saturdays 10 to 11:30 a.m.  
February - 3, 10, 17

## COUNTRY LINE DANCING

Thursdays 6 to 7:30 p.m.  
February - 1, 8, 15, 22



4 classes for only \$10.00  
Punch cards available at the front desk.



## HIKING GROUP

This group meets on  
Tuesdays & Thursdays at 10 a.m.  
*Please call Ruth at  
921-7192 for more information.*

## TAI CHI CLASS

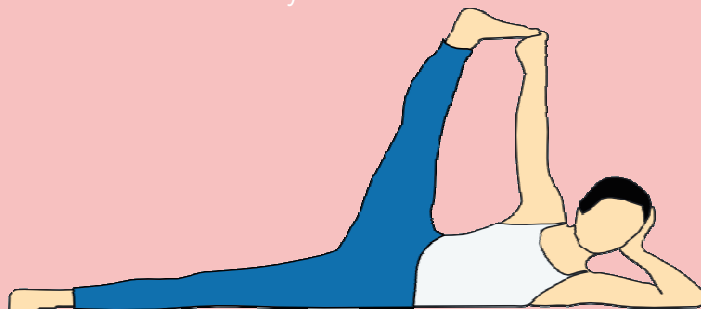
Tuesdays 9 to 10 a.m.  
Next Session Starts February 27  
8 classes for \$45



Please register and pay at the front desk.

## LOW IMPACT HEAD TO TOE STRETCH WITH SARAH DOCTER

Mondays 9:00 - 9:30 a.m.



## SELF DEFENSE CLASS

Fridays  
10:30-11:30am  
with Larry Lewis

No registration required  
just drop in!

Free admission!



## BALANCE & BODY MOVEMENT CLASS



Fridays from 10 -10:30 a.m.

Larry Lewis leads this ongoing weekly class which helps participants improve their balance in a variety of situations. Tips and techniques taught will benefit all fitness levels.

NO REGISTRATION REQUIRED  
FREE ADMISSION, JUST DROP IN!!

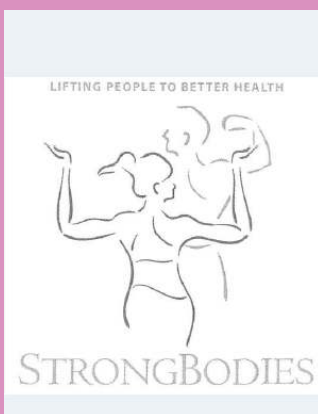
## STRONG BODIES

Monday and Wednesday  
Jan. 8 - March 14th  
7:00 - 8:00 AM  
OR

Tuesday and Thursday  
Jan. 9 - March 15th  
5:00- 6:00 PM

\$45.00 for 10 weeks

FOR MORE INFORMATION CALL 322-3641.







## YOGA WITH JEANNE



New classes starting in April  
Thursdays 9-10am and 10:30 –11:30am  
Stop in to register

## CHAIR TAI CHI CONCEPTS



Fridays 9:00-9:45 am  
Come and check out the Chair Tai Chi Concepts class.  
A perfect class whether you want to practice Tai Chi  
from a standing or sitting position.  
Drop in for this FREE class!



## ZUMBA GOLD

Mondays 5:30 - 6:30 p.m.  
\$5 walk in or a 10 class punch card for \$40.00.

Available from Instructor Kirsten Quam

## HEALTH SERVICES

### BLOOD PRESSURE TESTING

Sponsored by GranCare Nursing and Rehab  
Friday, February 9th 9:00 a.m.  
No appointment needed. Donations accepted.

### BLOOD SUGAR TESTING

Sponsored by Lutheran Homes  
Friday, February 9th 9:00 a.m.  
No appointment needed. *12-hour fast required.*  
Donations accepted.

### HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center  
FREE hearing screenings and  
FREE hearing aid cleaning.  
February 9th 9:00 a.m.  
Call 322-3630 or stop in to register for an  
appointment.

### LIPID PANEL SCREENINGS

2018 dates to  
be announced.



## CARDIO DRUMMING

Tuesdays at 3:15 p.m.  
First Class is free!!!  
8 classes for only \$24!!  
Punch cards are sold at the front desk.  
There will be no class on Tuesday,  
February 20th due to the Spring Primary.



## SENIOR OUTREACH PROGRAM

Become an Outreach Volunteer!

The gift of your time can make a giant impact in the life of a lonely or isolated senior.

There are many ways to make a difference including:



- ♦ Community Cares
- ♦ Friendly Visits
- ♦ Group Community Cares Enrichment Activities
- ♦ Caring Companions
- ♦ Friendly phone calls
- ♦ Caring Companion Community Partnership

### February Outreach Schedule:

For more information call  
Sarah Docter  
(920) 322-3641

#### COMMUNITY CARES

The next Community Cares visit will be  
**Tuesday, February 27th at 2:00 p.m.**  
Location to be announced.  
Call Sarah for more details.

#### GROUP COMMUNITY CARES ACTIVITY

Valentine cookie decorating with the residents  
**Wednesday, February 7th at 1:30 p.m.**  
Crossroads Care Center (formerly All About Life)  
Each month volunteers go to a different local nursing home or assisted living facility to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer. Sharing an hour of your time can have a big impact!

**THE SENIOR OUTREACH PROGRAM IS  
FUNDED IN PART BY THE  
FOND DU LAC AREA UNITED WAY**

**United  
Way**



#### OUTREACH VOLUNTEER MEETING

Thursday, February 1st at 2:00 p.m.





## POOL LEAGUE

8 Ball Tuesdays 8:30am

9 Ball Wednesdays  
8:30am



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Karen



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# FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday
<b>5</b> 7:00 Strong Bodies 9:00 Low Impact Head to Toe Stretch 9:00 Woodcarving Club 12:30 Recreational Euchre 12:30 Euchre 1:00 German Club 1:00 Poker 1:15 Sheepshead 5:30 FDL Artist Association 5:30 Zumba Gold	<b>6</b> 8:30 Pool League 8 Ball 9:00 AARP Board Meeting 9:00 Tai Chi <b>10:00 Hiking</b> 10:00 Acrylic & Oil Painting Class 10:00 Group Singing Class 12:00 Mahjongg 12:30 Bridge 1:00 Bingo-Sponsor: Lutheran Home 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 3:15 Cardio Drumming 5:00 Strong Bodies <b>6:00 Winnebago Woodworkers @ NFDL HS</b> <b>6:00 Senior Dining—Applebee's</b> <b>Social 5:30</b>	<b>7</b> 7:00 Strong Bodies 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 10:00 Jam Session Practice 10:00 Low Impact Video Exercise 12:00 Hand & Foot 12:00 Canasta 12:45 Recreational Sheepshead 1:15 Sheepshead <b>1:30 Community Cares</b> 7:30 Wed Night Dance	<b>8</b> 8:00 Skat 9:00 Hand Chimes <b>10:00 Hiking</b> 10:00 Scrapbooking 10:00 Beginning Bridge 12:00 Mahjongg 12:30 Bridge 1:00 Cribbage 1:00 Tech Tyme <b>3:30 Melodies and Memories Choir</b> 5:00 Strong Bodies 5:45 TOPS #0566 6:10 Country Line Dancing 7:00 Sunset Stitchers	<b>9</b> 8:00 Wellness Morning 9:00 Health Screenings 9:00 Chair Tai Chi Concepts 10:00 Balance and Body Movement 10:00 Red Hat Chorus 10:30 Self Defense Class 1:00 Wil Bowling 1:00 Memories Writers Group 1:00 Game Day 1:15 Sheepshead <b>10 Saturday</b> 10:00 Beg. Country Line Dance <b>11 Sunday</b>
<b>12</b> 7:00 Strong Bodies 9:00 Low Impact Head to Toe Stretch 9:00 Woodcarving Club 9:30 Book Club	<b>13</b> 8:30 Pool League 8 Ball 9:00 Tai Chi <b>10:00 Hiking</b> 10:00 Acrylic & Oil Painting Class 10:00 Group Singing Class	<b>14</b> 7:00 Strong Bodies 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 9:30 Staff Meeting	<b>15</b> 8:00 Skat 9:00 Hand Chimes <b>10:00 Hiking</b> 10:00 Scrapbooking 10:00 Beginning Bridge	<b>16</b> 9:00 Chair Tai Chi Concepts 10:00 Balance and Body Movement 10:00 Red Hat Chorus 10:30 Self Defense Class 1:00 Wil Bowling
<b>1</b> 8:00 Skat 9:00 Senior Outreach Meeting 10:00 HandChime Choir <b>10:00 Hiking</b> 10:00 Scrapbooking 10:00 Beginning Bridge 12:00 ROME0's - Boda's 12:00 Mahjongg 12:30 Bridge 1:00 Cribbage 1:00 Tech Tyme 1:00 Flying Geese Quilters <b>1:00 Movie—"The Secret Scripture"</b> 5:00 Strong Bodies 5:45 TOPS #0566 6:00 Charastics Crafters Club 6:00 Local Parents of Angels 6:10 Country Line Dancing <b>HT Leave For Panama</b>	<b>2</b> 9:00 Chair Tai Chi Concepts 10:00 Balance and Body Movement 10:00 Red Hat Chorus 10:30 Self Defense Class 1:00 Wil Bowling 1:00 Memories Writers Group 1:00 Game Day 1:15 Sheepshead <b>3 Saturday</b> 10:00 Beg. Country Line Dance <b>4 Sunday</b>	<b>9</b> 8:00 Wellness Morning 9:00 Health Screenings 9:00 Chair Tai Chi Concepts 10:00 Balance and Body Movement 10:00 Red Hat Chorus 10:30 Self Defense Class 1:00 Wil Bowling 1:00 Memories Writers Group 1:00 Game Day 1:15 Sheepshead <b>10 Saturday</b> 10:00 Beg. Country Line Dance <b>11 Sunday</b>	<b>17</b> 8:00 Skat 9:00 Hand Chimes <b>10:00 Hiking</b> 10:00 Scrapbooking 10:00 Beginning Bridge	<b>18</b> 9:00 Chair Tai Chi Concepts 10:00 Balance and Body Movement 10:00 Red Hat Chorus 10:30 Self Defense Class 1:00 Wil Bowling



<p>12:30 Recreational Euchre</p> <p>12:30 Euchre</p> <p>1:00 German Club</p> <p>1:00 Poker</p> <p>1:15 Sheepshhead</p> <p>5:30 Zumba Gold</p>	<p>12:00 Mahjongg</p> <p>12:30 Bridge</p> <p>1:00 Bingo-Sponsor: Harbor Haven</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing &amp; Watercolor Class</p> <p>3:15 Cardio Drumming</p> <p>5:00 Strong Bodies</p> <p>6:00 Coin Club</p> <p>6:00 Winnebago Woodworkers</p> <p>6:00 Senior Dining - Green Dragon</p> <p>Social at 5:30</p>	<p>10:00 Jam Session Practice</p> <p>10:00 Low Impact Video Exercise</p> <p>12:00 Hand &amp; Foot</p> <p>1:00 Genealogy Group</p> <p>1:30 The Power of One</p> <p>12:45 Recreational Sheepshhead</p> <p>1:15 Sheepshhead</p> <p>7:00 Stamp Club</p> <p>7:30 Wed Night Dance</p>	<p>12:00 Mahjongg</p> <p>12:30 Bridge</p> <p>1:00 AARP Meeting</p> <p>1:00 Cribbage</p> <p>1:00 Tech Tyne</p> <p>5:00 Strong Bodies</p> <p>5:45 TOPS #0566</p> <p>6:00 Chartastics Crafters Club</p> <p>6:00 Local Parents of Angels</p> <p>6:10 Country Line Dancing</p>	<p>1:00 Memories Writers Group</p> <p>1:15 Sheepshhead</p> <p>1:00 Game Day</p> <p>17 Saturday</p> <p>10:00 Beg. Country Line Dance</p> <p>5:00 Supper Club - Blanck's Lake</p> <p>Alre</p> <p>18 Sunday</p>
<p>19 Strong Bodies</p> <p>8:30 Newsletter Assembly</p> <p>9:00 Low Impact Head to Toe</p> <p>Stretch</p> <p>9:00 Woodcarving Club</p> <p>9:30 Book Club</p> <p>12:30 Recreational Euchre</p> <p>12:30 Euchre</p> <p>1:00 German Club</p> <p>1:00 Poker</p> <p>1:15 Sheepshhead</p> <p>5:30 Zumba Gold</p> <p>6:30 FDL Concert Association</p>	<p>20 Pool League 8 Ball</p> <p>8:30 Tai Chi</p> <p>9:00 Android Smartphone Basics</p> <p>10:00 Hiking</p> <p>10:00 Group Singing Class</p> <p>12:30 Bridge</p> <p>1:00 Bingo-Sponsor: The Meadows</p> <p>12:00 Mahjongg</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing &amp; Watercolor Class</p> <p>3:00 Mixed Media Art Class</p> <p>5:00 Strong Bodies</p> <p>6:00 Winnebago Woodworkers at NFDL</p> <p>6:30 Senior Dining - Bublitz</p> <p>Social at 5:30</p>	<p>21 Strong Bodies</p> <p>8:30 Pool League 9 Ball</p> <p>8:30 SCAMP</p> <p>9:00 Hand Chimes</p> <p>10:00 Low Impact Video Exercise</p> <p>10:00 Jam Session Practice</p> <p>12:00 Hand &amp; Foot</p> <p>12:00 Canasta</p> <p>12:45 Recreational Sheepshhead</p> <p>1:00 Movie - "Stronger"</p> <p>1:15 Sheepshhead</p> <p>7:00 Stamp Club</p> <p>7:30 Wed Night Dance</p>	<p>22 Skat</p> <p>9:00 Hand Chimes</p> <p>10:00 Hiking</p> <p>10:00 Beginning Bridge</p> <p>12:00 Soup Contest Fundraiser</p> <p>12:00 Mahjongg</p> <p>12:30 Bridge</p> <p>1:00 Cribbage</p> <p>1:00 Tech Tyne</p> <p>5:00 Strong Bodies</p> <p>5:45 TOPS #0566</p> <p>6:10 Country Line Dancing</p> <p>6:30 Alzheimer's Support Group</p>	<p>23 Friends Board Meeting</p> <p>9:00 Chair Tai Chi Concepts</p> <p>10:00 Balance and Body Movement</p> <p>10:00 Red Hat Chorus</p> <p>10:30 Self Defense Class</p> <p>1:00 Wif Bowling</p> <p>1:00 Memories Writers Group</p> <p>1:15 Sheepshhead</p> <p>1:00 Game Day</p> <p>24 Saturday</p> <p>10:00 Scrapbook Crop Day</p> <p>25 Sunday</p>
<p>26 Strong Bodies</p> <p>9:00 Low Impact Head to Toe</p> <p>Stretch</p> <p>9:00 Woodcarving Club</p> <p>9:30 Book Club</p> <p>12:30 Recreational Euchre</p> <p>12:30 Euchre</p> <p>1:00 German Club</p> <p>1:00 Poker</p> <p>1:15 Sheepshhead</p> <p>5:30 Zumba Gold</p>	<p>27 Pool League 8 Ball</p> <p>8:30 Tai Chi</p> <p>10:00 Hiking</p> <p>10:00 Acrylic &amp; Oil Painting Class</p> <p>10:00 Group Singing Class</p> <p>12:30 Bridge</p> <p>1:00 Bingo-Sponsor: Lincoln House</p> <p>12:00 Mahjongg</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing &amp; Watercolor Class</p> <p>3:00 Mixed Media Art Class</p> <p>3:15 Cardio Drumming</p> <p>5:00 Strong Bodies</p> <p>6:00 Winnebago Woodworkers at NFDL</p> <p>6:30 Senior Dining - Blanck's Lake Alre</p> <p>Social at 5:30</p>	<p>28 Strong Bodies</p> <p>8:30 Pool League 9 Ball</p> <p>8:30 SCAMP</p> <p>9:00 Hand Chimes</p> <p>10:00 Jam Session</p> <p>10:00 Low Impact Video Exercise</p> <p>12:00 Hand &amp; Foot</p> <p>12:45 Recreational Sheepshhead</p> <p>1:00 Genealogy Group</p> <p>1:15 Sheepshhead</p> <p>2:00 Umbrella Brigade at</p> <p>Grancare Nursing and</p> <p>Rehabilitation Center</p> <p>7:30 Wed Night Dance</p>		



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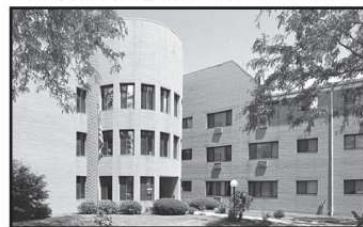
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For ad info. call 1-800-950-9952 • **www.4lpi.com**

Friends of Fond du Lac Sr. Center, Fond du Lac, WI.

D 4C 01-1122



# THE POWER OF ONE

February 14th at 1:30 p.m.

\* Join us for one or all of these important topics.

\* Everyone Welcome

- February 14th: Simple Household Maintenance Tips and Contractor Scams Speaker: Doug Hoerth, City of FDL Chief Building Inspector

- March 14th: You're Not Crazy You're Grieving

- April 11th: Getting Involved

- May 9th: Taking Care of You

Call the front desk to register (920) 322-3630



## SOUP CONTEST FUNDRAISER

Come and Join us for lunch!

Thursday, February 22nd

12:00 - 3:00PM



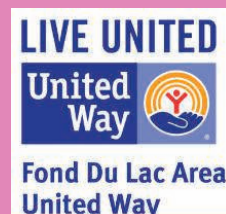
We will be selling small sample cups and larger bowls of soup.

Get in on the fun and enter your favorite soup into the contest!

- ⚙ Anyone can enter a crockpot of soup into the contest
- ⚙ Entry forms due to the front desk with a copy of your recipe by February 16th
- ⚙ Prizes for 1st, 2nd and 3rd place
- ⚙ Soup needs to be at the Senior Center by 10:00am, Thursday, February 22nd

Proceeds will be donated to the FDL Area United Way

For more information call (920) 322-3641





# HAPPY TRAVELERS

## BE A HAPPY TRAVELER... WE'RE GOING PLACES!



Happy Travelers' Office 322-3635

happytravelers@fdl.wi.gov

Hours: Monday—Thursday 9:00 a.m. to 3:00 p.m.

Annual Friends of the Fond du Lac Senior Center membership is required to travel with the Happy Travelers.  
Membership fees are \$10 for a single and \$15 for a married couple.

### REMINDERS:

Sign up for trips as soon as possible to prevent cancellation.  
Most of our vendors require deposits months before actual date of trip.

## NEW FOR 2019

### CUBA

8 Day Trip

January 16 -23, 2019

\$5399 Dbl (until August 2018)

### TRIP PREVIEW

Thursday, March 22, 2018 at 1pm



### SHADES OF IRELAND

Featuring Northern Ireland

13 Day Trip

April 29 - May 11 2019

\$4099 Dbl (until October 29, 2018)

### TRIP PREVIEW:

Thursday, May 10th, 2018 at 1pm



## COMING IN 2019

WATCH FOR MORE DETAILS

### JULY

Canadian Rockies by train  
Includes Calgary Stampede  
9 day Trip

### OCTOBER

Spain's Classics and Portugal  
14 day Trip

### DECEMBER

Southern Charm Holiday,  
Includes Savannah, Jekyll  
Island and Charleston  
6 day Trip

## SECOND DATE ADDED

Great Parks of the Southwest by Train

New Date: October 2 - 12, 2018

Same Great Prices: \$2780 Dbl Coach

\$3570 Sgl Coach

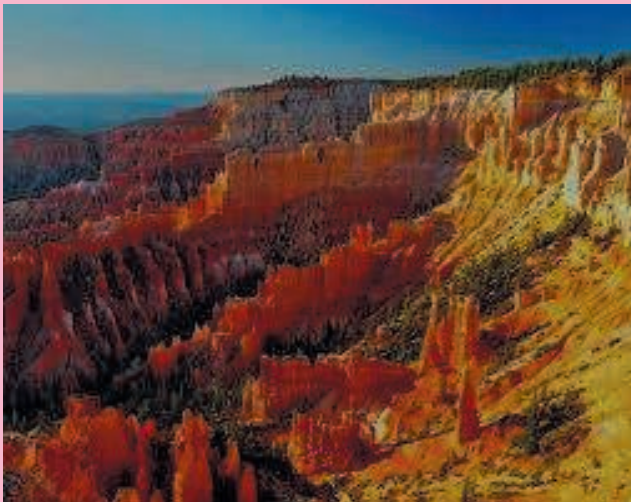
(Meals on train not included with Coach accommodations)

Roomettes & Bedrooms available

Roomette: +\$595 pp Dbl +\$1190 pp Sgl

Bedroom: +\$1395 pp Dbl +\$2690 pp Sgl

(Meals on train included with Roomette & Bedroom accommodations)



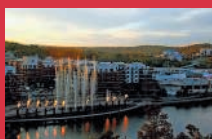


## SAN ANTONIO

Diamond Tours  
10 Day Trip  
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March 9 - 18, 2018  
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\$1189 Sgl



## FILLING 2ND BUS FOR BRANSON



Diamond Tour  
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November 12 -17, 2018  
\$659 Dbl / \$809 Sgl  
Call NOW to reserve your spot

## THE ARK ENCOUNTER

July 16-20, 2018  
\$599 Dbl



IN Meal is included  
DT Dutch Treat  
DBL price for a double  
SGL price for a single  
means this trip is an Exclusive HT Trip!



[www.Facebook.com/FondyHappyTravelers](http://www.Facebook.com/FondyHappyTravelers)

## 2018 DAY TRIPS

*"Newsies" - Fireside Theatre*

Thursday, March 1 (E)

\$109 IN



*On Wisconsin! - Madison*

Thursday, May 3 (A)

\$69 IN

*Beach Boys Tribute—Schauer Center*

Saturday, May 5 (E)

\$85 IN



*Marsh Boat Tour—Horicon*

Wednesday, May 23 (E)

\$79 IN

*"Happy Days" - Palace Theater*

Thursday May 31 (E)

\$99 IN

## DON'T MISS TIM ALLEN

Friday, June 22

Depart 3:00p.m. and return 9:00 p.m.

Appleton PAC

\$98.00 DT





# Announcements



## MPTC COURSES

The Fond du Lac Senior Center is proud to partner with MPTC to bring you these classes. The classes, set up through Moraine Park Technical College and held at the Senior Center, are taught at a relaxed pace and are open to ALL ages.

HOW TO REGISTER: Register at MPTC in person (use the C-1 Entrance) or by phone at (920) 922-8611 or 1-800-472-4554



COURSE NAME	COURSE #	DAY	DATE	TIME
ANDROID SMARTPHONE BASICS	103-695-31037	T	FEBRUARY 20, 2018	09:00AM - 11:55AM
APPLE IPAD BASICS	103-611-30988	M	APRIL 30, 2018	09:00AM - 11:55AM
APPLE IPAD BASICS II	103-613-30989	M	MAY 7, 2018	09:00AM - 11:55AM



## SCRIP GIFT CARDS

In amounts from \$5

New this month, Annie's Fountain City Café!

Cash or Check Only. Other Cards may be available, please ask!

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EXPIRES:  
07/01/18

**Pizza Ranch**

CODE:  
51256

Buy One Senior Priced  
Buffet and Get the Second  
**FOR \$5.99**

Valid at Fond du Lac location only. Some restrictions apply. Prices subject to change without notice. Not valid with any other offer.

**Pizza Ranch**

**FOND DU LAC**  
1235 W JOHNSON ST.  
920-929-8800

**NOW HIRING PART-TIME SENIORS**

EXPIRES:  
07/01/18

**Pizza Ranch**

CODE:  
9220

8 pc. Drumsticks & Thighs

**\$9.99**

- CARRY OUT ONLY -

Valid at Fond du Lac location only. Some restrictions apply. All white meat is an additional charge. Prices subject to change without notice. Not valid with any other offer or online ordering.



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*We are located inside the Fond du Lac Senior Center & open to the public!*



**When you shop at the Brown Paper Packages Gift Shop, you help support the programs and activities at the Fond du Lac Senior Center!**



<https://www.facebook.com/BrownPaperPackagesGiftShopFondduLac>







Senior Outreach invites you to help decorate our

## HEART TREE

with delicate spun glass heart ornaments



Open your heart to the Senior Outreach Program and donate for a spun glass ornament in memory of a deceased loved one or in honor of a special person in your life who is still living. Each ornament is a donation to the program and allows us to directly impact the lives of isolated seniors in our community. Rather than keeping the ornament, it will be hung on a beautiful cherry blossom tree which represents the fragility and beauty of life. Glass heart ornaments are hung by staff.

The deadline to dedicate ornaments for the tree is  
**Wednesday, February 28th.**

The cherry blossom tree will be displayed at the Senior Center in the reception area from Thursday February 1 until the

## HEART TREE DEDICATION

Wednesday, March 7th at 1:00pm.

### HEART TREE ORDER FORM

~ PLEASE PRINT ALL NAMES CLEARLY ~

Please put a heart on the HEART TREE in memory of (Deceased) :

\_\_\_\_\_

Please put a heart on the HEART TREE in honor of (Living) :

\_\_\_\_\_

**\$3.00 EACH NAME** Total Enclosed \_\_\_\_\_

(Make check payable to: Friends of the Fond du Lac Senior Center)

**DONATED BY:**

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ Phone \_\_\_\_\_

## SALT/TRIAD

(Seniors and Law Enforcement Together)  
Odd months January—September

**No Meeting in February**

Next meeting in March.  
Watch for details.

SALT is a voice to advocate for action to ensure that Seniors live in a healthy, safe, enjoyable and vibrant community. Join us as we link seniors and service providers in the Fond du Lac County Area.

# S.A.L.T.

**Seniors And Law Enforcement Together**

## SUPPORT GROUPS

**ALZHEIMER'S SUPPORT GROUP**

4<sup>TH</sup> Thursday at 6:30 p.m.

**DIABETIC SUPPORT GROUP**

3<sup>RD</sup> Tuesday at 4:00 p.m.

Aurora Health Care Center

210 Wisconsin American Drive ~ American Room

**LOCAL PARENTS OF ANGELS\***

1st & 3rd Thursday 6:00-8:00 p.m.

Fond du Lac Senior Center, 151 E. First Street Room 1

*\*The Local Parents of Angels is a support group for parents who have lost a child—it can be a recent or a long-term loss. Everyone is welcome!*

**PARKINSON'S SUPPORT GROUP**

2<sup>ND</sup> Monday at 10:00 a.m.

**PROSTATE CANCER SUPPORT GROUP**

2<sup>ND</sup> Tuesday at 8:30 a.m.

Rolling Meadows Family Restaurant

947 S. Rolling Meadows Drive



## 2017 FOND DU LAC COUNTY SENIOR DINING

### Come join us for lunch!

The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served Monday—Friday at 11:45 a.m., lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over.

Please register for lunch by calling 929-3937 at least one day in advance before 1p.m.

Complete menus are available at the front desk or our website: [fdlseniorcenter.com](http://fdlseniorcenter.com) under the “Services” tab.

- Thursday, February 1: Beef Stroganoff
- Friday, February 2: Crispy Fish Fillet
- Monday, February 5: Swedish Meatballs
- Tuesday, February 6: Baked Spaghetti
- Wednesday, February 7: Mushroom Pork Cutlet
- Thursday, February 8: Teriyaki Chicken Breast
- Friday, February 9: Pepper Steak
- Monday, February 12: Chopped Steak in Burg/ Mush Sauce
- Tuesday, February 13: Baked Chicken
- Wednesday, February 14: Spinach Lasagna Casserole
- Thursday, February 15: Smoked Sausage
- Friday, February 16: Salmon Loaf
- Monday, February 19: Chicken Breast
- Tuesday, February 20: Hawaiian Meatballs
- Wednesday, February 21: Roast Pork Loin
- Thursday, February 22: Meatloaf
- Friday, February 23: Macaroni & Cheese
- Monday, February 26: Beef Stew
- Tuesday, February 27: Swiss Steak
- Wednesday, February 28: Baked Chicken

## 2018 DINE OUT COUPON BOOKS NOW AVAILABLE

Save money while eating at your favorite local restaurants! Our Dine Out Coupon Books have over 50 coupons from 40+ different restaurants! Purchase a coupon book today!

## ROMEOS

All men are welcome to join the “Retired Old Men Eating Out” for noon lunch. You don’t have to be retired (or old) to join in on the camaraderie & fun!

### BODA’S

277 S Pioneer Rd, Fond du Lac  
Thursday, February 1st at 12:00



Call our Center at (920) 322-3630 to register! The ROMEOS are looking for help picking restaurants for their monthly meetings. Call Sarah at (920) 322-3641 if interested!

## SUPPER CLUB

If you like to laugh and enjoy dining with friends, old and new, join the Supper Club each month! You MUST call our Center at (920) 322-3630 to make your reservation so we can let the restaurant know how many people to expect.



### BLANCK’S LAKE AIRE

N8751 Lake Shore Dr, Fond du Lac  
Saturday, February 17th  
Social: 5:00 p.m. & Dinner: 5:30 p.m.

## TUESDAY NIGHT DINING GROUP

The Fond du Lac Senior Dining Group invites all men & women aged 55 and older to join them on Tuesday nights. The group meets weekly for dining, with cocktails beginning at 5:00 p.m. and dinner at 600 p.m.

- |             |  |
|-------------|--|
| February 6  | Applebee’s, 841 W Johnson St, FDL            |
| February 13 | Green Dragon, 156 Western Ave, FDL           |
| February 20 | Bublitz, 580 East Ave, Lomira                |
| February 27 | Blanck’s Lake Aire, N8751 Lake Shore Dr, FDL |

A GREAT OPPORTUNITY TO SOCIALIZE & MEET NEW FRIENDS!



# Activities Index



Call 322-3630 for more information about any of these activities. New members are always welcome!

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

## GROUPS

### **BOOK CLUB**

2nd Monday at 9:30 a.m.

### **CHAR-TASTIC CRAFTERS**

1st & 3rd Thursday from 6–8 p.m.

### **COIN CLUB**

2nd Tuesday at 6:00 p.m.

### **DANCES**

\$4.00 donation

Wednesday 7:30–9:30 p.m. Call Caroline at 920-929-9333 for info.

### **GAME DAY**

Fridays at 1:00 p.m. - 3:30 p.m.

### **GENEALOGY**

2nd and 4th Wednesday at 1:00 p.m.

### **GERMAN CLUB**

Mondays at 1:00 p.m.

### **HANDCHIME CHOIR**

Wednesdays/Thursdays at 9:00 a.m.

### **JAM SESSION**

2nd & 4th Wednesdays at 10:00 a.m.

### **MELODIES & MEMORIES CHOIR**

2nd Thursday at 3:30 p.m.

### **QUILTING**

#### **Flying Geese Quilting Club**

1st Thursday at 1 p.m. Call Nancy at 920-923-4494 for info.

#### **Sunset Stitches Quilt Guild**

2nd Thursday at 7:00 p.m. Call Laura at 920-923-1693 for info.

## **RED HAT HONEYS**

Activities include Chorus, Good Deed Gals, Umbrella Brigade & more. The cost is \$5 annual dues; a free newsletter telling of chapter activities is also available at the Front Desk!

### **RED HAT HONEYS CHOIR**

Fridays at 10:00 a.m.

### **SCAMP** (Senior Center Band)

Wednesdays at 8:30 a.m.

### **SCRAPBOOK CLUB**

Thursdays at 10:00 a.m.

Group does not meet 4th Thursday of the month.

### **STITCHERY**

Tuesdays at 1 p.m.

### **STAMP CLUB**

3rd Wednesday at 7:00 p.m.  
(except March, July and December)

### **TECH TYME**

Thursdays at 1 p.m.

### **TOPS** (Take Off Pounds Sensibly)

#### **Chapter #0566**

Thursdays at 5:45 p.m.

### **WINNEBAGO**

#### **WOODWORKERS**

2nd Tuesday from 6:00–8:00 p.m.  
General meeting held at the FDL Senior Center.

#### **Other Tuesdays from 6:00–8:00 p.m.**

Workshop meetings at Horace Mann High School, North Fond du Lac.

Call Dave Jackson at 923-5233 for more info.

### **WOODCARVERS GROUP**

Mondays at 9:00 a.m.

### **WRITERS GROUP**

Fridays at 1:00 p.m.

*The Memories Writers meet to share and preserve life experiences and family history. New members welcome!*

## HEALTH & FITNESS

### **BALANCE & BODY MOVEMENT**

Fridays at 10:00 a.m.

### **BIKE RIDE**

3rd Wednesday at 10:30 a.m.  
Spring - Fall

### **CARDIO DRUMMING**

Tuesdays at 3:15 p.m.

### **CHAIR TAI CHI CONCEPTS**

Fridays 9:00p.m.

### **HIKING/WALKING CLUB**

Tuesdays and Thursdays at 10:00 a.m.

### **LADIES GOLF LEAGUE**

Mondays and Wednesdays at 9:30 a.m. from May–August.

### **LOW IMPACT CHAIR EXERCISE**

Mondays at 9:00 a.m.

### **SELF DEFENSE**

Fridays at 10:30 a.m.

### **STRONG BODIES**

Monday and Wednesday 7:00 a.m.  
Tuesday and Thursday 5:00 p.m.

### **TAI CHI**

Tuesdays at 9:00 a.m.

### **VIDEO CHAIR EXERCISE**

Wednesdays at 10:00 a.m.

### **YOGA WITH JEANNE**

Thursdays at 10:45 a.m. Classes fill fast—stop in to check availability.

### **ZUMBA GOLD**

Mondays at 5:30 p.m.





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## MEETINGS

### **AARP MEETING**

3<sup>RD</sup> Thursday at 1:30 p.m.

### **SUPPORT GROUPS**

#### **ALZHEIMER'S SUPPORT GROUP**

4<sup>TH</sup> Thursday at 6:30 p.m. Except November when they meet the 5th Thursday.

#### **PARKINSON'S SUPPORT GROUP**

2<sup>ND</sup> Monday at 10:00 a.m.  
Meets at Aurora Health Care Center.

#### **PROSTATE CANCER SUPPORT GROUP**

2<sup>ND</sup> Tuesday at 8:30 a.m.  
Meets at the Rolling Meadows Family Restaurant.

#### **DIABETIC SUPPORT GROUP**

3<sup>RD</sup> Tuesday at 4:00 p.m.  
Meets at Aurora Health Care Center.

## RECREATION

### **CARD GAMES**

#### **BRIDGE** \$1 donation

**Tuesdays: 12:30 p.m.**

For information or to play, call Johanna O'Brien at 251-3759.

**Thursdays: 10:00 a.m. Beginners**  
(subs needed)

**Thursdays: 12:30 p.m. Advanced**  
For information or to play, call Judy Rupp at 920-477-3021.

#### **CANASTA**

1st, 3rd & 5th Wednesdays  
at 12:00 p.m.

#### **CRIBBAGE**

Thursdays at 1:00 p.m.

#### **RECREATIONAL EUCBRE**

Mondays at 12:30 p.m.

## **REGULAR EUCBRE**

Mondays at 12:30 p.m.

### **HAND & FOOT (Card Game)**

Wednesdays 12:00 p.m.

### **POKER**

Mondays at 1:00 p.m.

### **SHEEPSHEAD**

**Mondays at 1:15 p.m.**

*Jack of Diamonds \$1.50*

**Wednesdays & Fridays at 1:15 p.m.**

*Black Queens \$1.50.*

### **RECREATIONAL**

#### **SHEEPSHEAD**

Wednesdays at 12:45p.m.—3p.m.

#### **SKAT**

Thursdays at 8:00-11:30 a.m.

## **OTHER ACTIVITIES**

### **BINGO** 50¢ for 2 cards

**Tuesdays at 1:00 p.m.**

*Thanks to our Bingo Sponsors who provide prizes, treats, and caller.*

1st Tuesday: Fond du Lac Lutheran Home

2nd Tuesday (odd months): Manor Care

2nd Tuesday (even months): Harbor Haven

3rd Tuesday (odd months): Almost Family

3rd Tuesday (even months): The Meadows

4th Tuesday (odd months): Grancare Rehab

4th Tuesday (even months): Lincoln House

5th Tuesday: Visiting Angels

### **MAHJONGG**

Tuesdays at 12:00 p.m.

Thursdays at 12:00 p.m.

### **POOL**

Open Pool daily.

### **POOL LEAGUES**

8 Ball Tuesdays 8:30 a.m.

9 Ball Wednesdays 8:30 a.m.

### **Wii BOWLING**

Open Bowling by request—call to reserve day.

**Fridays at 12:30 and 1:45 p.m.**

League Play (September—April)

Subs also needed for league play.

## ART & DANCE

### **ACRYLIC & OIL PAINTING LAB**

Tuesdays at 10:00 a.m.

### **DRAWING & WATERCOLOR LAB**

Tuesdays at 1:00 p.m.

### **BEGINNING COUNTRY LINE DANCING**

Saturdays at 10:00 a.m.

### **COUNTRY LINE DANCING**

Thursdays at 6:10 p.m.

## SPECIAL EVENTS

### **MOVIES**

1<sup>ST</sup> Thursday and 3<sup>RD</sup> Wednesday at 1:00 p.m.

(Dates could vary)

### **SALT/TRIAD**

(Seniors and Law Enforcements Together)

4<sup>TH</sup> Thursday at 1:00 p.m. *odd months January—September.*

### **ROMEOS**

(Retired Old Men Eating Out)

1<sup>ST</sup> Thursday at Noon – Restaurant Varies.

### **SUPPER CLUB**

Dates vary, please check the "Dining" section in the Newsletter for more details – Restaurant Varies.

### **The Power of One**

2nd Wednesday at 1:30 p.m.



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# 2018 Friends Membership Application

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To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is for the 2018 calendar year. We do not share your information with any outside organization.

**Please make check payable to: "FRIENDS, INC."**

Fond du Lac Senior Center  
151 E. 1st Street  
Fond du Lac, Wisconsin 54935

NAME(s) (both, if couple)	
MAILING ADDRESS (with apt #)	
CITY, STATE, ZIP	
PHONE NUMBER	
BIRTHDATE (optional)	
E-MAIL (absolutely confidential)	
<input type="checkbox"/> I'D LIKE TO GO GREEN! RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE	

**PLEASE PRINT CLEARLY** as all information is entered into the computer by a volunteer.

## CHOICE OF SUPPORT:

☐ **\$10.00 Single**   ☐ **\$15.00 Couple** (same address)

☐ **\$\_\_\_\_\_ UTILITY DONATION for the City of Fond du Lac** For a few years now, we have asked members to give \$25 or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2018 is optional but *very much appreciated!*

☐ **\$50.00 FANTASTIC FRIENDS membership support** – Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of our Center and is much appreciated. You will receive a 2018 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of our Center.

☐ **\$100.00 FABULOUS FRIENDS membership support** – Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 2018 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.  
PLEASE CHECK:   ☐ Yes, you CAN include my name when listing publicity.   ☐ No, please do NOT list my name.

**TOTAL ENCLOSED** (Utility Donation and Friends Membership can be on the same check.)  
Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

Please note that **RED HAT HONEYS** members use another purple form for the **\$5 chapter dues**. The \$5 dues can be paid at the same time as the Friends membership. Friends membership, utility donation, and Red Hat dues CAN be on the same check. Forms are available at the Senior Center and Red Hat Honeys membership is on-going throughout the year. We always welcome new Red Hatters!

## FOR OFFICE USE ONLY

DATE PAID \_\_\_\_\_ CASH AMT \_\_\_\_\_ CHECK AMT \_\_\_\_\_ CHECK # \_\_\_\_\_ Receipt Given \_\_\_\_\_

☐ NEW 2018 Member   ☐ Renewal   Receptionist Initials \_\_\_\_\_

☐ FANTASTIC FRIENDS \$50   ☐ FABULOUS FRIENDS \$100

☐ Received Dine Out Book for Fantastic or Fabulous membership   ☐ Received Happy Travelers Info

☐ Received Among Friends Newsletter

February 2018 Newsletter

\_\_\_\_\_ Card File

\_\_\_\_\_ Computer





## Fond du Lac Senior Center

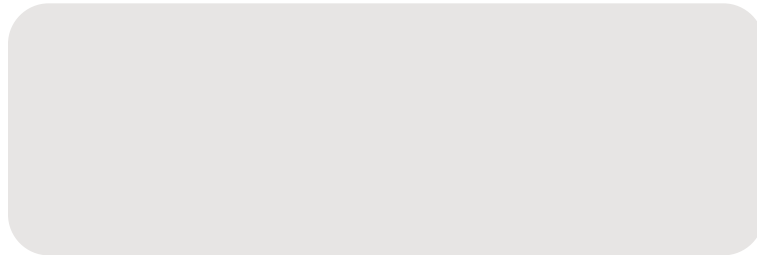
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## FOND DU LAC SENIOR CENTER 920-322-3630

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### FRIENDS BOARD OF DIRECTORS

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Joanne Bunkelman  
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### MISSION

The Fond du Lac Senior Center is dedicated to enriching the social, physical, emotional, and intellectual well-being of seniors in the community.

### VISION

TO ENHANCE THE QUALITY OF LIFE OF EVERY SENIOR IN OUR COMMUNITY

The Friends of the FDL Senior Center assume no responsibility for advertising content, mistakes or omissions. Programs and events are subject to change or cancellation without notice. No partial sessions or refunds on classes.